

Autumn / Winter 2018 Menu



with The Greens

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 - 3RD SEPT, 24TH SEPT, 15TH OCT, 5TH NOV, 26TH NOV, 17TH DEC, 7TH JAN, 28TH JAN, 18TH FEB				
Tuna Pasta Bake with Freshly Made Herby Foccacia	Traditional Cottage Pie with Gravy	Roast Chicken with Sage and Onion Stuffing, Roast Potatoes and Gravy	Lamb Meatballs and Tomato Sauce in a Pitta Pocket with Savoury Rice	Fish Fingers with Freshly Made Tomato Ketchup and Chips or Pasta Twists
Cheese and Tomato Pizza with Diced Potatoes	Jollof Style Rice with Flatbread (West African Savoury Rice)	Creamy Vegetables Topped with Sage and Onion Crumble with Roast Potatoes	Roasted Vegetable and Bean Pasta with Tomato Sauce	Cheesy Courgette Sausages with Freshly Made Tomato Ketchup and Chips or Pasta Twists
Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Hot Roast Chicken Bap with Roast Potatoes	Jacket Potato with a Choice of Fillings	Fish Finger Bap with Freshly Made Tomato Ketchup and Chips or Pasta Twists
Pear Crumble with Custard	Orange Squash Cookie	Ice Cream with Chocolate Sauce	Sticky Toffee Pudding with Toffee Sauce	Traybake and Fruity Friday (Fruity Flapjack with Apple Slices)
Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 - 10TH SEPT, 2ND OCT, 22ND OCT, 12TH NOV, 3RD DEC, 24TH DEC, 14TH JAN, 4TH FEB, 25TH FEB				
Open Sub Melts with a Choice of Toppings (Tuna and Sweetcorn, Roasted Vegetable or Cheese and Mushroom) and Potato Salad	BBQ Pulled Chicken Wrap with Rice	Roast Chicken with Sage and Onion Stuffing, Roast Potatoes and Gravy	Chicken Sausages with Mash and Gravy	Breaded Fish Fillet with Lemon Mayonnaise and Chips or Pasta Twists
Jacket Potato with a Choice of Fillings	Vegetable Lasagne with Freshly Made Bread	Freshly Made Vegetarian Sausage Roll with Roast Potatoes and Gravy	Vegetable Pie with Mash and Gravy	Fabulous Falafel Wrap with Lemon Mayonnaise and Chips or Pasta Twists
Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Hot Roast Chicken Bap with Roast Potatoes	Jacket Potato with a Choice of Fillings	Breaded Fish Bap with Lemon Mayonnaise and Chips or Pasta Twists
Shortbread with Fruit Dip	Spiced Apple Cake with Custard	Peaches with Natural Yoghurt and Granola	Banana and Toffee Muffin	Traybake and Fruity Friday (Chocolate Krispie with Orange Wedges)
Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 - 17TH SEPT, 8TH OCT, 29TH OCT, 19TH NOV, 10TH DEC, 31ST DEC, 21ST JAN, 11TH FEB				
Mac 'N' Cheese with Freshly Made Tomato Bread	Chicken Curry with Rice	Roast Turkey with Sage and Onion Stuffing, Roast Potatoes and Gravy	Beef Burger in a Bap with Tomato Pasta	Fish Fingers or Salmon Fish Fingers with Freshly Made Tomato Ketchup and Chips or Pasta Twists
Vegetarian Sausages with Mash and Gravy	Cheese and Tomato Quiche with Potato Wedges	Cauliflower and Broccoli Bake with Roast Potatoes	Moroccan Chickpea Tagine with Rice	Cheese and Tomato Quiche with Chips or Pasta Twists
Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Hot Roast Turkey Bap with Roast Potatoes	Jacket Potato with a Choice of Fillings	Fish Finger Bap with Freshly Made Tomato Ketchup and Chips or Pasta Twists
Carrot and Courgette Cake with Custard	Apple Taco with Natural Yoghurt	Fruity Jelly with Ice Cream	Wholemeal Chocolate Cake with Chocolate Sauce	Traybake and Fruity Friday (Crunchy Parsnip and Coconut Flapjack with Banana)

Dishes with wholegrain ingredients to increase fibre and promote healthy digestion

Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal)

Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their '5 A Day'

Served Daily Freshly Made Bread Seasonal Vegetables/Salads Fresh Fruit EasiYo Yoghurt

